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Carmichael Times

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In Harmony With Nature

Soil Born Farms Promotes Healthy Living



Each year almost 3,000 students visit Soil Born Farms on field trips. Students tour the farm and explore the Youth Garden. Photo by Guy Galante, Soil Born Farms



Soil Born Farms offers nutrient-rich organically grown produce fresh from the field. Photo by Joan Cusick, Soil Born Farms

Story by Shauna Boyd

SACRAMENTO REGION, CA (MPG) -

Rancho Cordova, CA (MPG) - Soil Born Farms started as a small one-acre urban farm in Sacramento in 2000. Almost 20 years later, the non-profit farm is producing local organic food along the American River Parkway on the historic 55-acre American River Ranch, located at 2140 Chase Drive in Rancho Cordova. The mission of Soil Born Farms is to empower people to participate in the local food system while

connecting to the environment and creating deeper roots in the community.

Terese Hollander Esperas, Soil Born Farms project manager, explained that the urban agriculture and education project strives to promote healthy living and engage the community to "get back to the roots"

through a variety of programs, classes, workshops, and events.

Some of Soil Born Farms' upcoming classes include Winter One-Pot Meals, The Wonders of Fungi and

Continued on page 3

Sacramento County Gives Boost to Bees



By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - If you like food, you gotta love honey bees. These busy little insects pollinate most of the world's fruit, nut and vegetable crops. Without bees, almonds - California's number-one cash crop - would disappear.

In an effort to shore up this small but vital segment of local agriculture, Sacramento County has embarked on two programs to protect and strengthen local apiaries.

The Bee Safe program, approved by the Board of Supervisors on Jan. 29, will use funding from the California Dept. of Food and Agriculture to train two county agricultural inspectors on honeybee inspection, theft prevention and pest protection.

The Bee Where program aims to bring together beekeepers and pesticide applicators to track and safeguard hive locations so that bees are not harmed by pesticide exposure.

Here's how it works:

- Beekeepers are required by law to register their colonies and provide notification about the movement of bees. Not all do. New legislation, however, puts a sting in enforcing the regulations, in the form of possible fines.
- Agricultural pesticide applicators will be made aware of bee hive locations within a mile of their application site, through the Bee Where program, and will be able to notify beekeepers 48 hours before the pesticide application is made. The will give beekeepers the opportunity to move or protect their hives.

"We want to create a GIS-based network of apiaries integrated with pesticide dispersal permits so that beekeepers can protect hives from damage, or the grower can use a different pesticide that is less harmful to bees," said Agricultural Commissioner Juli Jensen.

"Years ago, we would track hive locations with pins on a paper map. This is a much more efficient way to get beekeepers and growers on the same page."

The Bee Where program has been sponsored by a partnership between the California Agricultural Commissioners and Sealers Association, California Association of Pest Control Advisors, California State Beekeepers Association and the Almond Board of California.

For more information on Bee Safe and Bee Where, call Deputy Agricultural Commissioner Kevin Martyn at 916-875-6603 or visit the Bee Where website.

Source: Sacramento County Media ★

Something to Tweet About



Great egrets are among avian species likely to be observed during two Bird and Breakfast events at Effie Yeaw Nature Center. Right - Osprey are regular hunters on the American River.



Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) -

There's more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in an expert docent; garnish with breakfast fit for a kingfisher. You then have the Effie Yeaw Nature Center's popular spring fundraiser. "Bird and Breakfast;"

will this year be staged on Saturdays March 16 and March 23, at the center's Ancil Hoffman Park facility. Reservations are required; the two-event fundraiser sells out every year. Participants will likely see 40 or more species and no bird gets left behind; Sacramento Audubon guides get as excited about tiny finches as rock-star herons, snowy egrets and - yes, it's possible - a bald

eagle fly-by. Equally fascinating are home-building habits during the most industrious time of the avian year. Because Audubon scouts locate nests in advance, visitors will likely see wren, hawk, woodpecker and titmouse abodes. Higher and harder to spot, some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes.

A 28-year spring tradition, the \$45 (\$40 for American River Natural History Association or Audubon members) safari is followed on March 16 by gourmet breakfast. The

March 23 foray is for ages six and up. This family-friendly program invites adults for \$12 and children for \$7. Discounts apply for ARNHA or Audubon members. Groups are welcome. Carmichael Kiwanis will serve a pancake breakfast on this date.

Silent auctions of bird-related goodies accompany breakfast. Proceeds assist the Nature Center. Neither weekend excursion is recommended for very young children. Participants should wear stout shoes and bring binoculars. Bird and Breakfast begins at 8 a.m., both days. Learn more at www.

Continued on page 3

River Cats Announce Lower Ticket Prices for Select 2019 Games

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats announced a new pricing structure for single game tickets that lowers prices for 43% of games. Tickets for the 2019 season will start at just \$8 for a place on the Toyota Home Run Hill - the lowest starting ticket price in the past five years. The price drop will vary by game date and seat location, but tickets for 30 of 70 regular season games will be priced up to 28% lower than in 2018.

"We are always looking to improve the fan experience at Raley Field, and our 20th season of baseball is the perfect time to introduce throwback ticket pricing," said River Cats General Manager Chip Maxson. "The River Cats and Raley



Field have been the premier venue for value-packed

entertainment in the Sacramento region for nearly two decades, and we're excited to build even more value into River Cats games in 2019."

Fans can save even more by purchasing official River Cats tickets in advance of day-of-game via rivercats.com or the Tri Counties Bank Ticket Office at Raley Field. Advanced prices will be up to \$5 less than day-of-game prices this season.

Online presales for 2019 single game tickets begin on February 25,

with general sales beginning at the River Cats' annual Preseason Party on Sunday, March 3.

Anyone wishing to be notified of presale opportunities is encouraged to sign up at rivercats.com/newsletter.

A number of special ticket packages are currently available and can be purchased by visiting rivercats.com/tickets or calling the River Cats ticket line at (916) 376-HITS (4487). For more information on promotions, giveaways, and ticket memberships, please visit rivercats.com.

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. The team plays at Raley Field in West Sacramento, consistently voted one of the top ballparks in America. ★

Secretary of State Sponsors Legislation to Modernize Filing Process for Candidates for President of the United States

From the Office of SOS

SACRAMENTO, CA (MPG) - California Secretary of State Alex Padilla is sponsoring legislation—authored by Senator Tom Umberg—to update the filing requirements for Presidential candidates seeking to compete in California's primary election.

"California voters deserve to have candidates for President — of all parties — take California issues seriously," Secretary of State Alex Padilla said. "With our primary election now scheduled for March, the most populous state in the nation will play a major role in the presidential nominating process. The next step in strengthening the process is to update the filing requirements for candidates. The filing process for candidates for President should be clear, transparent, and demonstrate that candidates are serious about earning the support of California voters."

"2016 saw a record number of candidates running for President of the United States, and that looks to be repeated heading into the 2020 Presidential Election,"

said Senator Tom Umberg (D-Santa Ana). "California's influence on national politics is undeniable. I'm glad to be authoring the bill to ensure that our taxpayer resources are focused on the candidates who are serious about leading. Voting should be a simple and transparent process and SB 505 will ensure that occurs moving forward."

Under current law, the Secretary of State places on the ballot the names of candidates for President if they are 'generally recognized' as running. Currently, candidates are not even required to submit documentation or file formal paperwork with the Secretary of State's office to appear on the California primary ballot.

SB 505 would define criteria that candidates must meet in order to qualify as being 'generally recognized' for a presidential nomination. Candidates would have to submit specified documentation to the Secretary of State's office demonstrating they meet two of the following criteria:

- Qualified for funding under the Federal Election Campaign Act
- Qualified or been placed on

another state's presidential primary or caucus ballot

- Qualified for or has appeared in another state's caucuses
- Appeared in a national presidential debate
- Has all of the following: a campaign office in California, a campaign website, a statement of candidacy filed with the Federal Election Commission, and a written request to appear on the California ballot submitted on the candidate's behalf by a qualified political party.

Candidates would have to meet the criteria to be a 'generally recognized' candidate for president each election cycle. Qualifying as 'generally recognized' in 2020 would not guarantee that a candidate would make it on the ballot in 2024, for example. SB 505 is urgency legislation, so if passed it would take effect for the 2020 Presidential Primary.

Under SB 505 the Secretary of State must announce the candidates who met the 'generally recognized' criteria 88 days prior to the primary election date. ★

Regional Parks Hazardous Tree Removal

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, Feb. 26, to reduce risk to park goers as well as damage to the American River Parkway trail and surrounding area, Sacramento County Regional Parks began the removal of 31 trees that have been identified as hazardous. The trees identified

are adjacent to the multi-use trail between approximately Mile Marker four downriver to Discovery Park.

Recent storms have caused two large cottonwood trees to fall near that area, and at the request of Regional Parks, an arborist evaluated and identified 31 trees which are adjacent to the multi-use trail of the Jedediah Smith Memorial Trail as hazardous. The initial report that



Sacramento County Regional Parks began the removal of 31 trees that have been identified as hazardous. MPG file photo.

identified 31 trees as hazardous was also confirmed by an independent arborist.

"We'd rather not remove trees from the Parkway,"

said Liz Bellas, Director of Regional Parks. "We wanted to get a second opinion from an independent arborist to make sure we aren't

removing trees that we absolutely do not have to. Unfortunately, tree removal is sometimes necessary to ensure the safety of trail users and park patrons."

In addition to the arborists' assessments, Regional Parks' staff have completed a field study to confirm no nesting birds are in the trees slated for removal and consulted with the necessary permitting agencies.

This removal project is scheduled to last three weeks. The trail will remain open, but expect short delays as use will be halted for short periods while equipment is moving and trees are being felled. Trail users are advised to follow all roadway signs and to use caution while utilizing the trail in the affected area.

Source: Sacramento County Media ★

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In Harmony With Nature

Soil Born Farms Promotes Healthy Living



Soil Born Farms' Day on the Farm is a wonderful opportunity for local families to experience all the farm has to offer. More than a thousand people attend the festival each year in May. Photo by John Swain, Soil Born Farms

Continued from page 1
Mushrooms, Cooking with Citrus, Growing Medicinal and Culinary Herbs, Raising Backyard Chickens, and Intermediate Urban Backyard Beekeeping. They also offer Bird Walks and a Spring Gardening Clinic. You can even attend a free Composting Workshop and a free Make Your Own Solar Cooker class. (For the dates and prices of classes, visit www.SoilBorn.org.)

Starting last month, Pop-Up Farmstand events give visitors the opportunity to purchase produce while enjoying tastings, live music, kids' activities, and beverages and baked goods available for purchase. The Farmstand also features Millie's Mercantile & Greenhouse Garden Gift Shop. Upcoming Pop-Up Farmstands will be held on March 9 and March 23.

Starting on April 6, the farm will begin hosting Saturday at the Farm, a weekly event featuring the American River Ranch Farmstand, open Saturdays through December 14. Visitors can meet the farmers who grow the food and enjoy the beautiful rural setting of the American River Ranch while listening to live music and purchasing produce fresh from the field. Magpie Café offers fair-trade coffee and pastries, and other hand-crafted items are also available for purchase.

Soil Born Farms' biggest event is the Day on the Farm, a festival held every May. More than a thousand people attend each year, and it's a wonderful opportunity for local families to experience all the farm has to offer. "It's a really fun day. Many community groups come to the farm and lots of organizations

come together. It's a really fun way to experience the farm," said Hollander Esperas. The American River Ranch Farmstand is open during Day on the Farm, in addition to various vendors, booths, gardening classes, cooking demonstrations, workshops, tours, nature walks, and draft horse demonstrations. The festival also features live music, games, a raffle, an array of delicious foods, face painting, and lots of activities for the kids. Day on the Farm will be held on May 19 this year, and there is a \$5 suggested donation for attendance.

"We utilize these events to promote our mission. And the farm is a wonderful oasis for people to learn and to experience nature," said Hollander Esperas.

Members of the community can support the farm and enjoy the bountiful harvests through the Community Supported Agriculture (CSA) program. CSA members purchase farm shares twice a year to help cover the farm's costs. In return, members get to pick up boxes of fresh produce each week during the growing season.

Hollander Esperas said that Wellness Wednesdays are a great way to experience the beauty of the farm at the American River Ranch. During March through September, visitors can start their Wednesday with a morning yoga class on the farm at 8:00 AM for a \$10 suggested donation. Hollander Esperas said, "It's a great way to be outside experiencing nature... It's very peaceful."

Soil Born Farms' year-round garden team welcomes volunteers every Wednesday to assist farm staff. Volunteers get the

opportunity to learn about medicinal herbs as well as native plants, flowers, and trees. Volunteers also help with the greenhouses, plant sales, caring for the orchard, and planting and harvesting fruits and vegetables. Hollander Esperas said it's a wonderful opportunity to "get exercise, fresh air, and sunshine while talking to the farmers, getting knowledge, and building skills."

There are many opportunities for kids to enjoy the farm. Each year almost 3,000 students visit Soil Born Farms on field trips. "There's a bus at the farm almost every day," said Hollander Esperas. Students get to take a tour of the farm and then participate in a variety of activities, such as working in the Youth Garden, playing an educational game, or creating a craft project inspired by nature. And no visit to the farm would be complete without tasting foods fresh from the gardens.

There is a lot for kids to explore at Soil Born Farms. And there are lots of animals to see, including cows, horses, chickens, and pigs. A play structure and a discovery area allow kids of all ages to learn and play. The farm also offers summer camps and afterschool programs.

Soil Born Farms is open to the public Monday through Saturday, and visitors can explore the rural setting through self-guided tours. Hollander Esperas said, "The farm is special because it's a peaceful, serene place where people can come to get away from the busy, technologically driven world and reconnect with the land and get back to basics. It's an environment that makes people feel connected and like a part of the community." ★

Something to Tweet About

Continued from page 1
sacnaturecenter.net

Effie Yeaw Nature Center's Bird and Breakfast event offers guided walks on Saturday

March 16 and Saturday, March 23. The first program includes gourmet buffet for \$45 a person. The second event includes pancake breakfast: adults

\$12; children \$7. Walks start at 8 am. The Nature Center is in Ancil Hoffman park, Carmichael. More information at www.sacnaturecenter.net. ★

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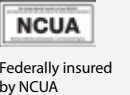
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6108 Mozart Court, Citrus Heights | \$359,000

This hard to find newer, single-story home is tucked away in cul-de-sac location in a fantastic neighborhood. Enjoy three bedrooms, two bathrooms and spacious living areas with a great room concept in the family room. Entertain family and friends in the oversized kitchen that offers plenty of storage space. There is great natural lighting throughout and an inside laundry room. The roomy master features a bath, separate tub/shower and a walk-in closet. Relax and entertain out in the backyard patio with a pergola. This home is conveniently located near Highway 80, and fabulous shopping and restaurants.



11017 Brattleboro Circle, Mather | \$492,000

This gorgeous family home is tucked away in a fabulous neighborhood in Mather. Enjoy a generous floorplan with 5 bedrooms and 3 bathrooms (including a downstairs bedroom and full bath), and a large upstairs bonus room. Spacious living areas include a living/dining room and separate family room adjacent to the Chef's kitchen. The private master features a walk-in closet and large master bathroom with a separate bath and shower. The roomy backyard features an outdoor patio with a pergola and beautiful pool. 3-car garage. Must see!



6147 1st Ave., Sacramento | \$379,000

Feel right at home in this adorable 2 bedroom and 1 bath cottage nestled between the highly desirable communities of Elmhurst and Tahoe Park. Enjoy an open and inviting floor plan with fantastic natural lighting throughout. Hardwood flooring exists beneath the carpets. Updates include newer dual pane windows and an HVAC system. This home features a detached garage and private backyard. Close to transportation, Sac State and fabulous restaurants and shopping. Add your own touches to make this your forever home!



4932 Heatherdale Ln., Carmichael | \$359,000

This well-built classic ranch-style home with 3 bedrooms and 2.5 bathrooms is situated on a generous .23 acre lot in the heart of Carmichael! Highlights include a large kitchen area with a breakfast nook and a spacious living room with a fireplace and hardwood flooring. The bonus room could serve as a separate family room or fourth bedroom. Partial dual pane windows and newer HVAC system. Enjoy seamless outdoor entertaining with a quiet, covered patio in the backyard, a sprawling lawn, and a pool.



300 Hemphill Way, Roseville | \$329,000

Welcome home! This adorable single-story home in Roseville has it all. Enjoy a spacious floor plan with 2 bedrooms and 2 baths. The family room features a great room concept with fantastic natural lighting. The kitchen has hardwood flooring and offers plenty of storage space. The roomy master opens up to the private backyard. The low maintenance backyard has a hot tub, built in BBQ and RV access. Conveniently located near excellent schools, parks and fabulous shopping and restaurants.

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\$8 per person


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**Publisher,
Paul V. Scholl**

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Rare And Evocative "Twilight Zone" Production Opens March 1 At American River College

By Tracy Martin Shearer

SACRAMENTO REGION, CA (MPG) - "The Twilight Zone" moves from your television screen to the American River College stage for a two-week run, opening Friday, March 1. This rare production, adapted and directed by Jason Sinclair Long, will please even the most ardent "Twilight Zone" fan as it zeros in on four of the most popular episodes of the classic series: *The After Hours*, *Will the Real Martian Please Stand Up?*, *The Masks*, and *Ring-A-Ding Girl*, originally written by Rod Serling and Earl Hamner Jr.

In 1959, Rod Serling set out to create a new kind of television show, one that would challenge the status quo and tackle important issues that other writers were afraid to explore on TV. Serling expertly utilized science-fiction tropes as metaphors for very real



We get to know the man behind the show and develop a deeper understanding of how and why he created one of television's most important series ever. Photo by Heather Lee

(perhaps even more) than it did almost 60 years ago.

In addition to bringing the four episodes to life, ARC's production of "The Twilight Zone" also includes aspects of Rod Serling's life and work; we get to know the man behind the show and develop a deeper understanding of how and why he created one of television's most important series ever. Don't miss your opportunity to travel to "...a fifth dimen-

It is an area which we call the Twilight Zone."

All performances of "The Twilight Zone" will be at American River College Theatre, 4700 College Oak Drive, Sacramento. Parking is \$2 at the recommended Lot D (corner of College Oak and Myrtle). Children under four are not admitted. Ticket prices are \$15/general, and \$12/student/seniors/SARTA. For tickets and information, go to <http://arctheatre.org/> or



Don't miss your opportunity to travel to "...a fifth dimension beyond that which is known to us." Photo by Heather Lee

issues lurking beneath the veneer of American society. Recognizing the need to unmask racism, peel back questions of identity, explore greed and paranoia, and wrestle with the nature of our existence, Serling ushered in an entirely new form of entertainment, one that resonates as much now

sion beyond that which is known to us. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of our fears and the summit of our knowledge. This is the dimension of imagination.

call the ARC Box Office at (916) 484-8234.

"Twilight Zone" performance days and times are as follows:

Fri/Sat (8:00pm), - March 1, 2, 8, 9

Sundays (2:00pm)- March 3, 10

Thursday (6:30pm)- March 7 ★

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CHEERS & JEERS

by **Damian Holbrook**

Jeers to MTV
for giving two sons of a beach more real estate. *Jersey Shore* jokers Vinny Guadagnino (left) and Pauly DelVecchio are heading into the shallow end of the dating pool with a *Bachelor-ish* series that will pair them with 20 singletons who really should be aiming higher.

Jeers to World's Best
for not even being close. We already have *America's Got Talent* and since NBC's superior series features international acts, we don't need another bloated "global" catch-all competition. Nor do we need a wall of 50 judges when panelists

RuPaul, Drew Barrymore and Faith Hill are there to over-hype—and over-score—some of the more meh contestants. It's Best to skip this on

Cheers to Showtime
for reviving *The L Word*. A decade after the lesbian soap signed off, the cable network is bringing it back for an eight-episode sequel featuring original stars Jennifer Beals, Katherine Moennig and Leisha Hailey, along with a new batch of sexually diverse divas. And we think that's an L of a good idea.

Cheers to The Magicians'
spellbinding women. Stella Maeve's trauma survivor Julia, Jade Taylor's brusque badass Kady,



Jersey Shore jokers Vinny Guadagnino (left) and Pauly DelVecchio are heading into the shallow end of the dating pool with a *Bachelor-ish* series.

Summer Bishil's High King goddess Margo and Olivia Taylor Dudley's gifted genius Alice—Season 4 of Syfy's hit has no shortage of beautifully flawed and fabulous female characters. If only more shows could learn this trick! ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Why Are Shows Having Shorter Seasons?

Question: *Criminal Minds* ended the first week of February. The *Good Place* is gone until next year. *The Orville* only produces a limited number of hours, as does *The Connors*. Whatever happened to an actual TV Season? — Aaron F.

Matt Roush: There's still a "traditional" network TV season from September to May, but only a handful of

shows—mostly procedurals and sitcoms—how to it anymore. What you're seeing play out is a combination of factors: fewer episodes to be sure (shows like *This Is Us* and *The Good Doctor* averaging 18 instead of the traditional mid-20s), but also generally airing fewer repeats, which brings their seasons to a close even sooner. (*Doctor* is done in mid-March, and *This Is Us* closes shop the first week of April.) Some

producers purposefully choose to make fewer episodes per season, opting for quality over quantity, though when a show like *Criminal Minds* is limited to 15, that's almost certainly an economic decision. In the bigger picture, the networks talk about being in the year-round programming business, which means staggering premieres throughout the year to keep their lineups fresh even in off months. It makes for some confusion and frustration for those who yearn for the old days, but that system is fading fast as viewing habits continue to evolve.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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WEEKLY COMICS

Amber Waves

by Dave T. Phipps



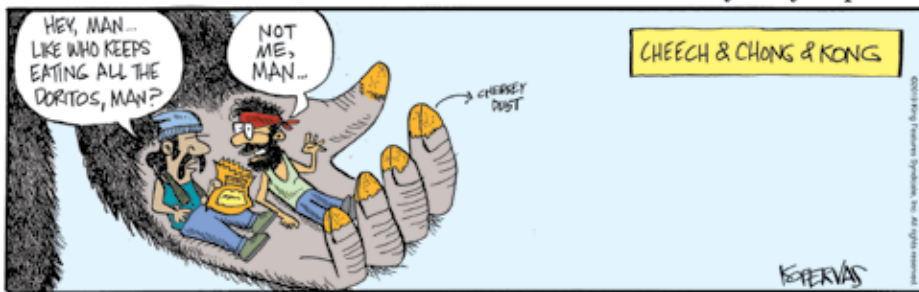
The Spats

by Jeff Pickering



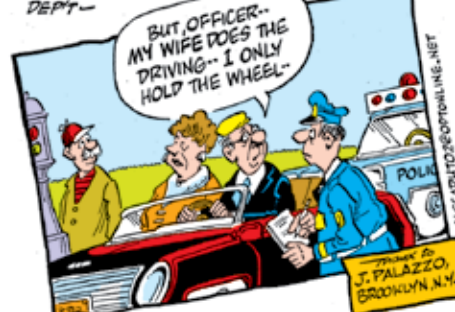
Out on a Limb

by Gary Kopervas



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WIFELY DUTIES DEPT--



BY AL SCADUTO

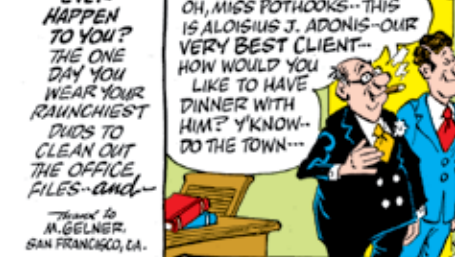


R.F.D.

by Mike Marland



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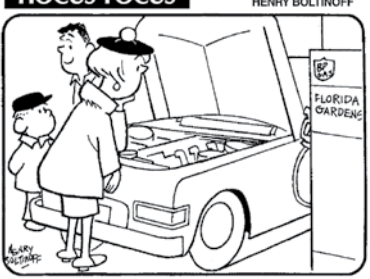
Just Like Cats & Dogs

by Dave T. Phipps

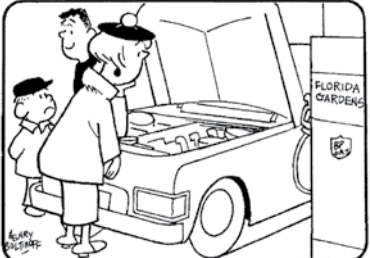


HOCUS-FOCUS

BY HENRY BOLTNOFF



Find at least six differences in details between panels.



Differences: 1. Mechanic's shirt is different. 2. Boy is kneeling. 3. Woman's earring is different. 4. Sign on gas pump has moved. 5. Headlight is bigger. 6. Woman's skirt is longer.

Crossword Puzzle on Page 8

E	R	S	T		D	A	D		A	N	D						
L	E	A	R		H	O	B	O		O	W	N	E	R			
M	A	G	I		A	L	O	T		P	E	T	T	Y			
					D	O	V	E	S	C	R	Y		E	V	E	S
						I	N	L	E	T		A	R	E			
T	O	F	A	D	E				A	N	A	G	R	A	M		
E	R	A			U	T	M	O	S	T		O	U	Z	O		
E	L	U	D	E		A	U	K		S	T	R	O	P			
N	O	N	E			O	U	T	S	E	T		A	T	E		
S	P	A	T	I	A	L				G	E	L	L	E	D		
					R	O	T			B	O	R	N	E			
					C	O	O	T		T	A	K	E	O	N	M	E
F	O	L	I	A			O	A	R	S		T	A	R	E		
U	N	I	T	S			P	E	A	S		I	R	I	S		
N	E	O					I	D	S			L	E	N	T		

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Sudoku Puzzle on Page 8

1	8	4	6	9	2	3	7	5
5	9	7	4	3	1	8	6	2
6	3	2	8	7	5	9	4	1
4	1	3	5	8	7	2	9	6
2	7	9	1	6	3	4	5	8
8	5	6	2	4	9	1	3	7
7	4	5	9	2	8	6	1	3
3	6	8	7	1	4	5	2	9
9	2	1	3	5	6	7	8	4

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